Appln. No. 10/686,353

Docket No. 066491-00007

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) An insole comprising: an insole material; a first elastomeric pad

attached to the insole material and positioned to contact a metatarsus section of a foot, said first

elastomeric pad having a hardness with a durometer range of 30 to 70, Shore Hardness (00)

scale; a second elastomeric pad attached to the insole material and positioned to contact a heel

portion of a foot, said second elastomeric pad having a hardness with a durometer range of 20 to

70, Shore Hardness (00) scale; the first and second pads being horizontally distinct from one

another; and the first and second pads each having a rebound property, the rebound of the first

pad differing from the rebound of the second pad.

2. (Previously Presented) The insole of claim 1 wherein the first pad elastomer has a rebound

ranging from 5.0% to 90.0%.

3. (Previously Presented) The insole of claim 2 wherein the second pad elastomer has a

rebound ranging from 1.0% to 40.0%.

4-7. (Cancelled)

8. (Previously Presented) The insole of claim 1 wherein the first pad elastomer has a hardness

with a durometer range of 35 to 70, Shore Hardness (00) scale.

9. (Previously Presented) The insole of claim 8 wherein the second pad elastomer has a

hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

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## 10. (Cancelled)

11. (**Previously Presented**) The insole of claim 3 wherein the first pad rebound is greater than the second pad rebound.

## 12-16. (Cancelled)

- 17. (Currently Amended) The insole of claim 11 wherein the first pad has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.
- 18. (Currently Amended) The insole of claim 17 wherein the second pad has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.
- 19. (Original) The insole of claim 1 wherein the insole has a lower surface and at least a portion of at least one of the pads forms part of the lower surface of the insole.
- 20. (Original) The insole of claim 1 wherein the insole has an upper surface and at least a portion of at least one of the pads forms part of the upper surface of the insole.
- 21. (Original) The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads extends from the upper surface of the insole to the lower surface of the insole.

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22. (Original) The insole of claim 1 wherein the insole has an upper surface and a lower surface

and at least one of the pads is disposed between the upper and lower surfaces of the insole.

23. (Original) The insole of claim 1 wherein the insole includes at least two layers and at least a

portion of a pad is disposed between the upper and lower layers.

24. (Previously Presented) The insole of claim 1 wherein at least one of the first and second

pads comprises a gel.

25. (Original) The insole of claim 1 wherein the first and second pads are carried by a carrier.

26. (Original) The insole of claim 25 wherein the carrier is at least partially formed of a

material selected from a group consisting of a gel, a foam, an elastomer, leather and cloth.

27. (Currently Amended) A shoe sole comprising: a shoe sole material; a first elastomeric pad

positioned in the sole material in an area corresponding to a metatarsus section of a foot, the first

elastomeric pad having a hardness with a durometer range of 30 to 70, Shore Hardness (00)

scale; a second elastomeric pad positioned in the sale material in an area corresponding to a hell

section of a foot, the second elastomeric pad having a hardness with a durometer range of 20 to

70, Shore Hardness (00) scale; the first and second pads being horizontally distinct from one

another; and the first and second pads each having a rebound property, the rebound of the first

pad differing from the rebound of the second pad.

28-31. (Cancelled)

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- 32. (Previously Presented) The sole of claim 31 wherein the first pad has a rebound ranging from 5.0% to 90.0%.
- 33. (Previously Presented) The sole of claim 32 wherein the second pad has a rebound ranging from 1.0% to 40.0%.
- 34. (Previously Presented) The insole of claim 1 wherein the insole material is a composite material.
- 35. (Previously Presented) The sole of claim 27 wherein the shoe sole material is a composite material.
- 36. (Cancelled)
- 37. (Previously Presented) The sole of claim 27 wherein the first pad rebound is greater than the second pad rebound.
- 38. (Currently Amended) The sole of claim 27 wherein the first pad has a hardness with a durometer range of [[30]] --35-- to 70, Shore Hardness (00) scale.
- 39. (Currently Amended) The sole of claim [[28]] --38-- wherein the second pad has a hardness with a durometer range of 20 to [[70]] --55--, Shore Hardness (00) scale.

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40. (Previously Presented) The shoe sole of claim 37 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

41. (Currently Amended) The shoe sole of claim [[38]] --40-- wherein the first pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.